

Abstract

Key words: parents, children, viral diseases, prevention, attitude

Besides introduction and discussion and conclusion, the thesis consists of 3 chapters of theoretic part and the research part.

The first chapter of theoretical part forms the general terms viruses and viral diseases. I have mentioned the biology of viruses and its characteristics. The second part of this chapter deals with the most frequent viral diseases in child age. I have described the ways of infection, diseases manifestation, possible complications and shortly the therapy too.

The second chapter focuses on the immunity system of children. I have explained this issue generally at first, then I have described the function of immunity and later I have mentioned the development of immunity in children. At the end of the second part there is written about the most important factor of the future quality of immunity in children: the breast milk and breast-feeding.

The third chapter deals with the most important topic of my thesis: prevention of viral diseases in children. Firstly I have described a term prevention in general. Then I have focused on the individual ways of prevention. At first I have mentioned the vaccination and then the other ways of prevention.

In the research part of the thesis I have focused on my own research. I used 100 anonymous forms given to parents of small children to achieve the major goal, which is the parents' attitude to prevention of viral diseases in children. The basic research questions were: parents' knowledge about the issue of viral diseases and its prevention, the attitude to vaccination, their preference of the ways of prevention and their attitude to alternative medicine. The goals were all achieved. Parents' knowledge are quite good. Their attitude to vaccination is rather negative. They consider sports and outdoor activities in the fresh air as the best way of prevention of viral diseases in their children and they have mostly good experiences with alternative medicine.